

EAST COLUMBIA 50+ CENTER

April, May, June 2022



**6600 Cradlerock Way
Columbia, MD 21045
410-313-7680**

Center Email
eastcolumbia50@
howardcountymd.gov

**Monday– Tuesday
Thursday**

9am - 4:30pm

Wednesday

9am - 6pm

Friday

9am - 4pm

**50+ Center Hotline
410-313-5400**

Newsletters Online
www.howardcountymd.gov/eastcolumbia50

Volunteer Website
www.hocovolunteer.org

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Spring Has Sprung

Excitement continues for the future of East Columbia. Visit our dream corner to share your vision for the new building. Together we can create a plan for the future. How often do we have that kind of power?

We will begin offering new monthly services from our esteemed colleagues. Our third office will continue to feature Legal Aid on Mondays from 9 to 12. In addition we will offer the following: Maryland Access Point, (MAP), Consumer Protection, Caregiver Support and Nutrition Consultations. These services will include monthly programs and individual consults. Check inside for more details and take advantage of wonderful opportunities.

Meet Your New Circle Drive



Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request an accommodation to participate in a program/event, contact the Center at 410-313-0380 at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

GENERAL INFORMATION

50+ Center Staff

Meridy McCague, Director
mmccague@howardcountymd.gov
410-313-7684

Ellen Brown, Assistant Director
ebrown@howardcountymd.gov
410-313-7685

**Regina Joffe, Program Assistant,
Digital Access Specialist**
rjoffe@howardcountymd.gov
410-313-7682

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers.

Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the staff to assure that your membership is current. **Please inform the staff if there have been any changes to your address, phone number or your emergency contact information.**

Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. Account must be established prior to registering for class.

Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

Would you like your newsletter delivered to your inbox?

Just right click below:

https://visitor.r20.constantcontact.com/manage/optin?v=001_BS31v9uBHpl2tMLUbdwGVlv7eYKcnSrI04XkPw6FipDpjD1ypecIR3ULyzdUv94jSMSkmjNl2P-2H7jaBbgRr_ppPVM-pPinwMkoI0TwZ0%3D

Note: Howard County does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

APRIL AT A GLANCE CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Legal Aid
Services
Mondays
9am to 11:30am
No appointment
necessary**

**Family Law
Assistance Program
by appointment
April 12 & 19
410-313-2135
or 410-313-2225**

**Key
*Outdoor Class
**Hybrid live and
Virtually
***Streaming**

1
12 Pinochle
1 Bridge
1 Alcohol Inks \$

4
9 Tai Chi Practice
10 Movin Mondays \$
12 Yoga \$
12 Mahjong
1:30 Chinese Brush
Stroke Painting \$
2:30 Pinochle
3 Soul Line Dance \$

5
10 Color with Us
11 Seated Yoga \$
12 Sew Who Cares
12 Poker
**2:30pm Floral
Arrangement \$**

6
*9 Tai Chi Beginner II \$
*10 Tai Chi Beginner I \$
12 Seasoned Sisters
2 Bid Whist
*3Tai Chi Intermediate II \$
*4 Tai Chi Intermediate I \$
*5 Tai Chi advanced \$
6 Soul Line Dance Party \$

7
9 Tai Chi Practice
10 Care Talks
10 Tai Chi Practice
11 Tai Chi Practice
12 Poker
1 AARP Tax Services
1 Chess

8
10 Draw & Paint\$
12 Pinochle
1 Bridge

11
9 Tai Chi Practice
10 Movin Mondays \$
12 Yoga \$
12 Mahjong
1:30 Chinese Brush
Stroke Painting \$
2:30 Pinochle
3 Soul Line Dance \$

12
10 Color with Us
11 Seated Yoga \$
12 Sew Who Cares
12 Poker
6 Family Law

13
*9 Tai Chi Beginner II \$
*10 Tai Chi Beginner I \$
12 Seasoned Sisters
2 Bid Whist
*3Tai Chi Intermediate II \$
*4 Tai Chi Intermediate I \$
*5 Tai Chi Advanced \$
6 Soul Line Dance Party \$

14
9 Tai Chi Practice
10 Tai Practice
**10 Nutrition Counseling
(by appointment)**
11 Tai Chi Practice
12 Poker
1 AARP Tax Services
1 Chess

15

**Good Friday
Center Closed**

18
9 Tai Chi Practice
10 Movin Mondays \$
12 Yoga \$
12 Mahjong
1:30 Chinese Brush
Stroke Painting \$
2:30 Pinochle
3 Soul Line Dance \$

19
10 Color with Us
11 Seated Yoga \$
12 Sew Who Cares
12 Poker
2:30 Clutter Busters
6 Family Law

20
*9 Tai Chi Beginner II \$
*10 Tai Chi Beginner I \$
11 Paper Crafting
12 Seasoned Sisters
2 Bid Whist
*3Tai Chi Intermediate II \$
*4 Tai Chi Intermediate I \$
*5 Tai Chi Advanced \$
6 Soul Line Dance Party \$

21
10 Tai Practice
11 Tai Chi Practice
12 Tai Chi Practice
12 Poker
1 Chess
6 New Release Cinema

22
10 Draw & Paint\$
12 Pinochle
1 Bridge

25
9 Tai Chi Practice
10 Movin Mondays \$
12 Yoga \$
12 Mahjong
1:30 Chinese Brush
Stroke Painting \$
2:30 Pinochle
3 Soul Line Dance \$


26
10 Color with Us
11 Seated Yoga \$
12 Sew Who Cares
12 Poker
**2:30 Safely using
Cash Apps.**
7 Language Cafe

27
*9 Tai Chi Beginner II \$
*10 Tai Chi Beginner I \$
12 Seasoned Sisters
2 Bid Whist
*3Tai Chi Intermediate II \$
*4 Tai Chi Intermediate I \$
*5 Tai Chi Advanced \$
6 Soul Line Dance Party \$

28
10 Tai Practice
11 Tai Chi Practice
12 Tai Chi Practice
12 Poker
1 Chess
6pm Encore Cinema

29
10 Draw & Paint\$
12 Pinochle
1 Bridge

MAY AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9 Tai Chi Practice 10 Movin Mondays \$ Maryland Law Day 12 Yoga \$ 12 Mahjong 1:30 Chinese Brush Stroke Painting \$ 2:30 Pinochle 3 Soul Line Dance \$	3 10 Color with Us 10 MAP Services 11 Seated Yoga \$ 12 Sew Who Cares 12 Poker 2:30 Design Your Life \$	4 *9 Tai Chi Beginner II \$ *10 Tai Chi Beginner I \$ 12 Seasoned Sisters 2 Bid Whist *3 Tai Chi Intermediate II \$ *4 Tai Chi Intermediate I \$ *5 Tai Chi advanced \$ 6 Soul Line Dance Party \$	5 10 Care Talks 10 Tai Chi Practice 11 Tai Chi Practice 12 Tai Chi Practice 12 Poker 1 Chess	6 10 Draw & Paint \$ 12 Pinochle 1 Bridge
9 9 Tai Chi Practice 10 Movin Mondays \$ 12 Yoga \$ 12 Mahjong 1:30 Chinese Brush Stroke Painting \$ 2:30 Pinochle 3 Soul Line Dance \$	10 10 Color with Us 10 MAP Services 11 Seated Yoga \$ 12 Sew Who Cares 12 Poker 2:30 Design Your Life \$ 6 Family Law	11 *9 Tai Chi Beginner II \$ *10 Tai Chi Beginner I \$ 12 Seasoned Sisters 2 Bid Whist *3 Tai Chi Intermediate II \$ *4 Tai Chi Intermediate I \$ *5 Tai Chi advanced \$ 6 Soul Line Dance Party \$	12 10 Nutrition Counseling (by appointment) 10 Tai Chi Practice 11 Tai Chi Practice 12 Tai Chi Practice 12 Poker 1 Chess 6 New Release Cinema	13 10 Draw & Paint \$ 12 Pinochle 1 Bridge
16 9 Tai Chi Practice 10 Movin Mondays \$ No yoga class 12 Mahjong 1:30 Chinese Brush Stroke Painting \$ 2:30 Pinochle 3 Soul Line Dance \$	17 10 Color with Us 10 Map Services 11 Seated Yoga \$ 12 Sew Who Cares 12 Planting Party 12 Poker 2:30 Design Your Life \$ 6 Family Law	18 *9 Tai Chi Beginner II \$ *10 Tai Chi Beginner I \$ 10 NARF 11 Paper Crafting 12 Seasoned Sisters 2 Bid Whist *3 Tai Chi Intermediate II \$ *4 Tai Chi Intermediate I \$ *5 Tai Chi Advanced \$ 6 Soul Line Dance Party \$	19 10 Tai Practice 10:30 Clutter Busters 11 Tai Chi Practice 12 Tai Chi Practice 12 Poker 1 Chess	20 10 Draw & Paint \$ 12 Pinochle 1 Bridge
23 9 Tai Chi Practice 10 Movin Mondays \$ 12 Yoga \$ 12 Mahjong 1:30 Chinese Brush Stroke Painting \$ 2:30 Pinochle 3 Soul Line Dance \$	24 10 Color with Us Map Services 11 Seated Yoga \$ 12 Sew Who Cares 12 Poker 2:30 Design Your Life \$ 6 Language Cafe	25 *9 Tai Chi Beginner II \$ *10 Tai Chi Beginner I \$ 12 Seasoned Sisters 2 Bid Whist *3 Tai Chi Intermediate II \$ *4 Tai Chi Intermediate I \$ *5 Tai Chi Advanced \$ 6 Soul Line Dance Party \$	26 10 Tai Practice 11 Tai Chi Practice 12 Tai Chi Practice 12 Poker 1 Chess 6 Encore Movie	27 10 Draw & Paint \$ 12 Pinochle 1 Bridge
30  Center Closed	31 10 Color with Us Map Services 11 Seated Yoga \$ 12 Sew Who Cares 12 Poker 2:30 Design Your Life \$	Legal Aid Services Mondays 9am to 11:30am No appointment	Family Law Assistance Program by appointment May 10 & 17 410-313-2135 or 410-313-2225	Key *Outdoor Class **Hybrid live and Virtually ***Streaming

JUNE AT A GLANCE CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Legal Aid
Services
Mondays
9am to 11:30am
No appointment
necessary**

**Family Law
Assistance Program
by appointment
June 14 & 21
410-313-2135
or 410-313-2225**

1
*9 Tai Chi Beginner II \$
*10 Tai Chi Beginner I \$
12 Seasoned Sisters
2 Bid Whist
*3 Tai Chi Intermediate II \$
*4 Tai Chi Intermediate I \$
*5 Tai Chi advanced \$
6 Soul Line Dance Party \$

2
10 Care Talks
10 Tai Chi Practice
11 Tai Chi Practice
12 Tai Chi Practice
12 Poker
**Center Closing at 1pm
Staff Event**

3
10 Draw & Paint \$
12 Pinochle
1 Bridge

6
9 Tai Chi Practice
10 Movin Mondays \$
12 Yoga \$
12 Mahjong
1:30 Chinese Brush
Stroke Painting \$
2:30 Pinochle
3 Soul Line Dance \$

7
10 Color with Us
9 MAP Services
11 Seated Yoga \$
12 Sew Who Cares
12 Poker
**2:30 Skin Cancer
Presentation**

8
*9 Tai Chi Beginner II \$
*10 Tai Chi Beginner I \$
12 Seasoned Sisters
2 Bid Whist
*3 Tai Chi Intermediate II \$
*4 Tai Chi Intermediate I \$
*5 Tai Chi advanced \$
6 Soul Line Dance Party \$

9
**10 Nutrition Counseling
By appointment**
10 Tai Chi Practice
11 Tai Chi Practice
12 Tai Chi Practice
12 Poker
1 Chess
6 Encore Movie

10
10 Draw & Paint \$
12 Pinochle
1 Bridge

13
9 Tai Chi Practice
10 Movin Mondays \$
12 Yoga \$
12 Mahjong
1:30 Chinese Brush
Stroke Painting \$
2:30 Pinochle
3 Soul Line Dance \$

14
10 Color with Us
10 Map Services
11 Seated Yoga \$
12 Sew Who Cares
12 Poker
Beaded Earring Class \$
6 Family Law

15
*9 Tai Chi Beginner II \$
*10 Tai Chi Beginner I \$
Paper Crafting
12 Seasoned Sisters
2 Bid Whist
*3 Tai Chi Intermediate II \$
*4 Tai Chi Intermediate I \$
*5 Tai Chi Advanced \$
6 Soul Line Dance Party \$

16
10 Tai Practice
11 The Village of Howard
11 Tai Chi Practice
12 Tai Chi Practice
12 Poker
1 Chess

17
10 Draw & Paint \$
12 Pinochle
1 Bridge

20

Center Closed

21
10 Color with Us
Map Services
11 Seated Yoga \$
12 Sew Who Cares
12 Poker
6 Family Law

22
*9 Tai Chi Beginner II \$
*10 Tai Chi Beginner I \$
12 Seasoned Sisters
2 Bid Whist
*3 Tai Chi Intermediate II \$
*4 Tai Chi Intermediate I \$
*5 Tai Chi Advanced \$
6 Soul Line Dance Party \$

23
10 Tai Practice
11 Tai Chi Practice
12 Tai Chi Practice
12 Poker
1 Chess

24
10 Draw & Paint \$
12 Pinochle
1 Bridge

27
9 Tai Chi Practice
10 Movin Mondays \$
12 Yoga \$
12 Mahjong
1:30 Chinese Brush
Stroke Painting \$
2:30 Pinochle
3 Soul Line Dance \$

28
10 Color with Us
Map Services
11 Seated Yoga \$
12 Sew Who Cares
12 Poker
7 Language Cafe

29
*9 Tai Chi Beginner II \$
*10 Tai Chi Beginner I \$
12 Seasoned Sisters
2 Bid Whist
*3 Tai Chi Intermediate II \$
*4 Tai Chi Intermediate I \$
*5 Tai Chi Advanced \$
6 Soul Line Dance Party \$

30
10 Tai Practice
11 Tai Chi Practice
12 Tai Chi Practice
12 Poker
1 Chess

Key
*Outdoor Class
**Hybrid live and
Virtually
***Streaming

ONGOING PROGRAMS

Chinese Brush Stroke Painting

Mondays, 1:30pm

Cost: \$138 11 classes

(No class on 5/30 & 6/20)

The characteristic of the brush stroke painting are to use realistic techniques to depict an object's natural harmony while providing room for the viewer's imagination. #A04500.700

Color with Us

Tuesdays, 10am

Adult Coloring

No talent or prior experience, just good conversation, relaxation in a stress free place.

Sew Who Cares

Tuesdays, 12pm

Join this fun creative social group who gets together and share their passion for crocheting, knitting, sewing and other needlecraft skills.



Nutrition Consultation

Thursday, April 14, May 12, June 9

10am to 12pm

Sign up for 1/2 hour consultations

Nutrition Consultation with dietician Carmen Roberts, RD, LDN by appointment

World Language Café

Tuesday, 7pm

Every 4th Tuesday of the month.

Converse in a friendly atmosphere, meet new people, increase your fluency by speaking and listening while picking up useful phrases to use when traveling.

Paper Crafting

Wednesday, April 20, May 18, June 15, 11am.

Every third Wednesday of the month all paper crafters are welcomed.

All paper crafters are welcomed. Bring a project you are working on, a technique you are perfecting, supplies you'd like to share, or anything paper related. Want to learn a new way to work with paper, but don't want to learn it alone? Bring your idea and let's do it together.

CARDS & GAMES (Drop In)

♦ **Mahjong, Monday 12pm**
(intermediate/advanced)

♦ **Poker, Tuesday/Thursday 12pm**

♦ **Bid Whist, Wednesday 2pm**

♦ **Chess, Thursday 1pm**

♦ **Pinochle, Monday 2:30pm**
♦ **Friday 12pm**

♦ **Bridge, Friday 1pm**



Seasoned Sisters Group
Wednesdays 12pm
(weekly)

Led by a trained facilitator.

Come laugh, learn, and grow with other women in a welcoming setting to uplift and create connections. Discussions focus on sharing life lessons and the joys of being seasoned.

EVENTS & PROGRAMS



Tuesday, April 5, 2:30pm

Materials Fee: \$8

Create a gorgeous floral centerpiece just in time for the spring. Get inspired with these beautiful yet easy arrangements from the Howard County Garden Club. #A04505.700

Alcohol Ink

Friday, April 1, 1pm

Cost: \$12 Materials Fee: \$10

Join **Rachel McCracken** and learn to use alcohol inks on a variety of surfaces to make beautiful and unique art. Alcohol inks can make stand alone works of art or can serve as the background for other projects. #A04503.700

Clutter Busters

Tuesday, April 19, 2:30pm

Zero waste!

Thursday, May 19, 10:30am

Show a movie

"In my Mother's Garden"

#A04607.700 April

#A04608.700 May



Beaded Earring Class

Tuesday, June 14, 2:30pm

**Cost: \$7 one pair, \$12 two pair.
(supplies provided)**

This beginner-class teaches the basic techniques of creating beaded earrings. #A04504.700

Please call to register for events and programs 410-313-7680.
Or Online registration can be done via the ActiveNet website:
<http://apm.activecommunities.com/howardcounty>



**"Design Your Life and
Get After Your Goals"**

Tuesdays May 3 to 31, 2:30pm

Cost: \$50 (5 weeks)

It's time to live your Oola life! **Living a Oola life means living a vibrant life—joyful, wholehearted, and with a set purpose.** This 5 week workshop helps you create goals and take action-steps towards improving your life balance. Instructor Paula Henry is a certified Oool Life Coach will guide you to having a more balance in the 7 F's of Oola: Fitness, finance, family, field (career), faith, friends, and fun! #A04600.700

CENTER CLOSURE

FRIDAY, April 15, Good Friday
MONDAY, May 30, Memorial Day
MONDAY, June 20, Juneteenth

EVENTS & PROGRAMS



SENIOR HEALTH & FITNESS WEEK BINGO (May 23-27)

Drop in to your local Howard County 50+ Center to pick up a Health & Fitness BINGO card between May 9th-20th, begin marking your card on the 23rd. Prizes include small giveaways & raffle entry for a \$25 credit toward 50+ Center programming. Prize information included on the BINGO cards. FREE to play, must be a member of the 50+ Centers. Call 410-313-6073 for more information.



New Release Cinema

Thursday, April 21, May 12, 6pm

The Howard County Library Systems shows critically acclaimed new release movies at the East 50+ Center. This event is sponsored by the Friends & Foundation of Howard County Library System.

For more information contact
robert.lockett@hclibrary.org.

Encore Cinema

**Thursday, April 28, May 26,
June 9, 6pm**

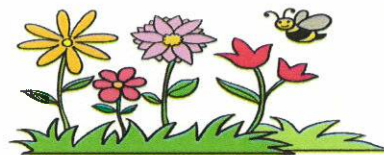
The Howard County 50+ Center shows classic movies at the East 50+ Center. This event is sponsored by Friends & Foundation of Howard County Library System.

For more information contact
tamara.humphrey@hclibrary.org

You Can Draw & Paint with Carol Zika Fridays, Starts April 8, 10am

Let your artistic expression soar in this fun and supportive open studio atmosphere. Bring watercolors, acrylics, oils, pastels, pen & ink, papercraft, or other materials. Instructor provides individual direction/instruction in drawing and painting for beginners and experienced dabblers. Bring your own or discuss materials (purchased separately) at the first class.

For information, please contact Tracy Adkins, 410-313-7279. Sponsored by Recreation and Parks #RP0305.701



Planting Party

Tuesday, May 17, 12pm

Meet in the garden for planting and planning.

Sign up for lunch!
410-313-7680



EVENTS & PROGRAMS (VIRTUAL)

JOIN US LIVE FOR THIS VIRTUAL PRESENTATION



****New Orleans Jazz (hybrid)**

Wednesday, April 27, 11am

"Join us at the East Columbia 50+ Center as we have a virtual visit from Ranger Jon Beebe of the New Orleans Jazz Historical Site. He will be on the big screen taking us through the history of Jazz as we enjoy Chicory coffee and Beignets."

Meeting ID 2319 284 5098

Password Spring50+

All virtual classes are held on WebEx.

Streaming on WebEx

*****National Park Series**

Theodore Roosevelt National Historical Park

Monday, April 4, 2pm

Join Ranger Kate Sedlacek to explore the life and legacy of Theodore Roosevelt as it pertains to the National Parks in general and this little slice of North Dakota in particular.

Meeting ID 2309 381 2639

Password Spring50+.

*****Natchez Trace Parkway**

**Traces Through Time program
with Ranger Ray**

Thursday, May 5, 2pm

Are you a person who likes history or national parks? Join us for 45-minutes and learn the history of the Parkway, going back thousands of years when bison roamed through today. Learn about the people, explorations and stories held along this special place.

Meeting ID 2314 129 0460

Password Spring 50+

*****Museum of African American Women Artist with Ann Benjamin Thursday, April 14, 11am**

Join us for a guided tour of a Museum of African-American Women artists, featuring ten "phenomenal" modern and contemporary artists, including Edmonia Lewis and Alma Thomas. As we walk through the galleries, we'll look closely at their artwork and share perspectives.

Meeting ID 2307 916 5646

Password Spring 50+

*****National Park Series**

**Chaco Culture National Historical Park
Thursday, June 2, 2pm**

Chaco Archaeology, Artifacts and Preservation: Learn about the archaeological history of Chaco Canyon, archaeological artifacts that provide clues to how the Ancestral Puebloans lived, and preservation efforts practiced today to preserve and protect these cultural and archaeological resources for the public.

Meeting ID 2301 985 2629

Password Spring 50+

EVENTS & PROGRAMS



"How to Safely Use Cash Apps"

Tuesday, April 26, 2:30pm

What are cash apps? Tracy Rezvani will instruct you on the cons, pros and features of these popular digital payment services.

Maryland Law Day

Monday, May 2, 10:00 to 3pm

Medical Decision Document Preparation ensures that your preferences for medial treatment are honored should you become incapacitated or unable to express your wishes. Volunteer attorneys will offer individual preparation of Maryland medical decision documents free of charge following the presentation.

"Skin Cancer Detection Starts With You"

Tuesday, June 7, 2:30pm

"You can play an important part in detecting abnormal skin growths or potential skin cancers by checking your skin regularly and seeing a healthcare professional for routine skin examinations. Danielle LeClair, Nurse Practitioner specializing in Dermatology for over 15 years will be discussing what to look for during self-examinations and when to seek the advice of a healthcare professional."



"Care Talks"

The Caregiver Support Program will be at East Columbia 50+ on Thursday, April 7, May 5, June 2 from 10am-12pm for in-person meetings with caregivers offering information and resources to assist you in your journey. **Please contact Earnestine Thomas At 410-313-5969 or ethomas@howardcountymd.gov.**

"The Village of Howard"

Thursday, June 16, 11am

The Village in Howard is a member-based membership community of Howard County residents 55 and older who want to continue to live independently in the homes and neighborhoods they know. **Come meet Sheryl Amster of The Village in Howard.**

MARYLAND ACCESS POINT (MAP) (Coming in May)

A MAP specialist is available at East Columbia 50+ every Tuesday from 10am to 4pm.

Maryland Access Point (MAP) of Howard County is a gateway for information and assistance for older adults, persons with disabilities, family members, and caregivers who need or want to plan for future needs.

- Caregiver Resources, Support and Education
- Short-and Long-Term Planning
- Medicare Counseling
- Transportation Options
- Alternate Community Living Options
- Benefits Eligibility Assistance
- Aging in Place Consultations

EXERCISE AND FITNESS

Movin' Mondays

Mondays, 10am

Cost: \$59, 11 classes

(no class 5/30, 6/20)

Get your week off to a great start with some low-impact cardio; Muscle conditioning; agility and balance work; and finish up with stretching!

#A04400.700

Yoga

Mondays, 12pm

Cost: \$64 10 classes (no class on 5/16, 5/30, 6/20)

Learn basic yoga poses. Enjoy breathing and relaxation techniques. Benefits include: greater flexibility, improved strength, energy, concentrations, clarity, and overall health. #A04401.700



Soul Line Dance Beginner/Intermediate

Mondays, 3pm,

Cost: \$59, 11 classes (no class 5/30, 6/20)

Be inspired by soul music and creative and challenging moves. Dance your way to a fitter "you" #A04402.700

Chair Yoga

Tuesdays 11am

Cost: \$69, 13 classes

In this gentle class, yoga poses are done seated or standing using the chair as a prop for support. Benefits include: greater flexibility, improved strength, energy, concentration, clarity, and overall health. #A04408.700

Soul Line Dance Party with Jessie Barnes

Wednesdays, 6pm Cost: \$7 drop in fee.

Learn all the latest soul line dances.

You could be a big hit at the next party!

#A04410.700

***Tai Chi Wednesdays**

***Beginner II, 9am**

#A04403.700

***Beginner I, 10am**

#A04404.700

Cost: \$136, 13 classes

Learn the easy, gentle, slow circular movements of Tai Chi that help improve balance and concentration.

***Intermediate II, 3pm**

#A04409.700

***Intermediate I, 4pm**

#A04406.700

Cost: \$136, 13 classes

Intermediate Tai Chi focuses on balance in the body, mind, and spirit. Swords are incorporated in this Tai Chi practice.

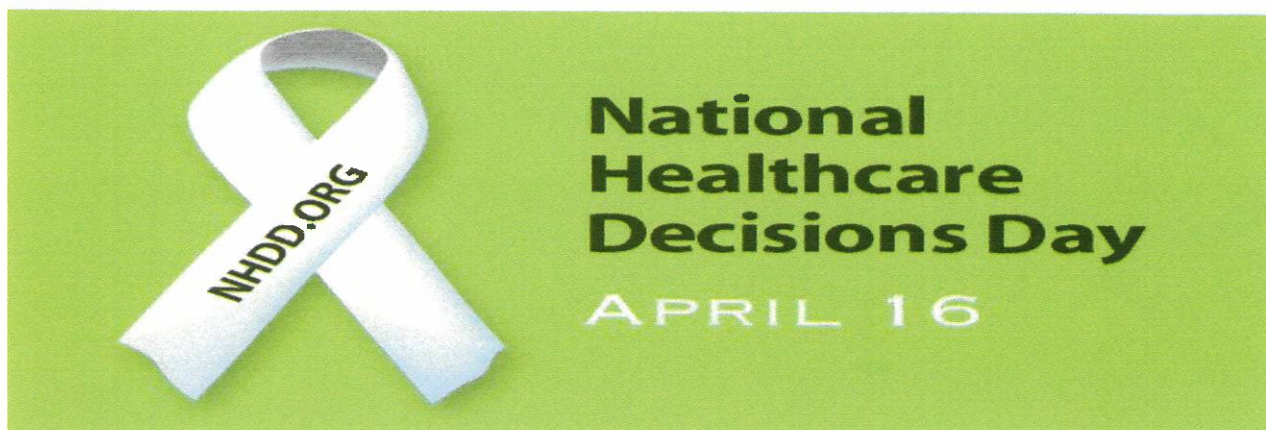
***Advanced 5pm**

#A04407.700

Cost: \$136, 13 classes

Advance Tai Chi focuses on balance in the body, mind and spirit. Swords and fans are incorporated in this Tai Chi practice.

***Tai Chi classes are held outdoors weather permitting.**



On April 16 — NATIONAL HEALTHCARE DECISIONS DAY — all Americans are encouraged to ensure that their future healthcare choices are known and protected. The observance reminds us that it is essential to make these decisions known, regardless of age or current health.

Visit <https://speakeasyhoward.org> or download “Maryland Advance Directive: Planning for Future Health Care Decisions” at <https://bit.ly/2MYwr4z>. Completed directives can be uploaded to the SpeakEasy Howard website, or you can contact the Advanced Planning Coordinator at Howard County General Hospital at 443-518-6684 to have the document uploaded to your medical record.

2022

MARYLAND LAW DAY



Monday, May 2 • 10:00 AM TO 3:00 PM

HOWARD COUNTY LAW DAY:

FREE Medical Decision Document Preparation

Ensure that your preferences for medical treatment are honored should you become incapacitated or unable to express your wishes. Volunteer attorneys will offer free preparation of Maryland medical decision documents at the Howard County 50+ Centers.

Call the 50+ Center nearest you for an appointment:

Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044

410-313-7213 (VOICE/RELAY)

East Columbia 50+ Center, 6600 Cradlerock Way, Columbia 21045

410-313-7680 (VOICE/RELAY)

Elkridge 50+ Center, 6540 Washington Boulevard, Elkridge 21075

410-313-5192 (VOICE/RELAY)

Ellicott City 50+ Center, 9401 Frederick Road, Ellicott City 21042

410-313-1400 (VOICE/RELAY)

Glenwood 50+ Center, 2400 Route 97, Cooksville 21723

410-313-5440 (VOICE/RELAY)

North Laurel 50+ Center, 9411 Whiskey Bottom Road, Laurel 20723

410-313-0380 (VOICE/RELAY)



www.howardcountymd.gov/aging

If you need this information in an alternate format or need accommodations to participate, call Maryland Access Point (MAP) at 410-313-1234 (VOICE/RELAY) one week in advance.